

## ASPEN Journal-Based Continuing Education (CE) Activity

### Journal Article Title and Citation

Hypoalbuminemia: Pathogenesis and Clinical Significance, *JPEN*, February 2019

### Journal-Based CE Activity Overall Goal

The JPEN Editor, in concurrence with ASPEN's Education and Professional Development Committee, selected this article to be offered for CE credit to fill an observed learning need in the arena of clinical nutrition and metabolism. This CE activity serves to promote the process of life-long learning for physicians, dietitians, pharmacists, and nurses by providing peer-reviewed journal articles that fully qualify for continuing education credits.

### Goal and Target Audience

This educational activity is directed toward clinical nutrition and metabolism professionals and others who wish to update their knowledge of clinical nutrition and metabolism. By participating in this educational activity, the learner may expect to:

- Acquire knowledge in the area of clinical nutrition and metabolism research.
- Update or confirm your understanding of appropriate clinical nutrition and metabolism practices.
- Identify further learning needs as they relate to the subject matter.

### Learning Objectives

1. Describe the mechanisms by which plasma albumin levels decrease and in which situations this occurs.
2. Identify the benefit of increased capillary escape of plasma solutes including albumin after trauma and during illness.
3. Define the roles played by albumin in the interstitial space and in proliferating cells after trauma, during illness, lactation, puberty, pregnancy, and cancer.
4. Examine the risk of performing major surgery when serum albumin levels are substantially decreased, for instance lower than 3g/dL.
5. Outline what should be done when serum albumin levels continue to decrease one week after elective moderate or major elective surgery.
6. Explain whether nutritional support promotes albumin synthesis in healthy or stressed states.

### Successful Completion

To obtain CE credit for this activity, attendees must read the journal article in its entirety, complete an online assessment for each article and achieve a score of 100%, and complete an online activity evaluation. All are located in ASPEN's eLearning Center ([www.nutritioncare.org/elearning](http://www.nutritioncare.org/elearning)).

### Accreditation Statements/Continuing Education Credit

**Nurses, Pharmacists, and Physicians.** In support of improving patient care, The American Society for Parenteral and Enteral Nutrition (ASPEN) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This activity is for a maximum of 1 contact hours (0.1 CEU) per journal article and is a knowledge activity. ACPE UAN: JA0002345-0000-19-061-H04-P.

ASPEN designates this journal-based CME activity for a maximum of 1 *AMA PRA Category 1 Credits TM* per article. Physicians should only claim credit commensurate with the extent of their participation in the activity.

ASPEN is approved by the California Board of Registered Nursing, Provider CEP 3970.



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

**Dietitians.** ASPEN, Provider Number AM005, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive a maximum of 1 continuing professional education units (CPEU) for completion of each journal article. CDR level 2. Dietitians may post comments on this program on [www.cdrnet.org](http://www.cdrnet.org).



### Policies and Information

**Release and Expiration.** Release date: February 1, 2019. Expiration date: February 29, 2020. All CE credit must be claimed by the expiration date in ASPEN's eLearning Center ([www.nutritioncare.org/elearning](http://www.nutritioncare.org/elearning)).

**Non-Commercialism.** ASPEN subscribes to the ACCME Standards for Commercial Support. ASPEN does not provide programs that constitute advertisement or include promotional materials. ASPEN does not endorse any products.

**Computer Requirements and Technical Support.** Participants will need a computer with internet connection to access the online assessment and evaluation for each journal article. If the journal article is read electronically, then the ability to read a PDF document is also necessary. Users should enable pop-ups if attempting to read articles electronically. For technical difficulties please contact Digitell Inc. Customer Support at 1-800-679-3646. Office hours are 9 am–5 pm EST, Monday–Friday.

**Privacy and Confidentiality.** ASPEN respects the privacy of its members and website visitors. Companies that receive personal information from ASPEN in order to execute the business of ASPEN may use personal information only for that purpose.

**Refund Policy.** Refunds are not available.

**Grievances.** Grievances must be submitted in writing to Director of Education and Research at ASPEN, 8401 Colesville Road, Ste 510, Silver Spring, MD 20910.

### Commercial Support and Sponsorship

No commercial support or sponsorship has been received for this continuing education activity.

### Commercial Relationships Disclosures and Conflicts of Interest (COI) of Authors and Journal Editors

Among the authors, Alan Shenkin, Peter Soeters, and Robert R. Wolfe have nothing to disclose.

Among the JPEN Associate Editors, David August, Ronald Koretz, Ding-You Li, Jean-Charles Preiser, and Diana Mager have nothing to disclose.

Lillian Harvey-Banchik has served on the speaker's bureau for MEI communications and received compensation per talk given.

JPEN Editor-in-Chief Kelly Tappenden has served in speaking and teaching roles for Shire, Nutricia, and Abbott Nutrition. Has received honoraria for those roles.

No conflicts related to disclosure information present and subsequently no need for resolution. Standard journal peer-review process also in place as another layer of review to ensure no conflicts to resolve.